



PHYSICAL ACTIVITY: Fun Physical Activity



Name of Activity: Touch It

Age Level: 3-5 Years

Equipment

- Cones to designate activity area
- 20-24 colored poly spots and/or colored hoops

Skill Themes

- Traveling within a large group
- Following Directions
- Color Recognition
- Body Part Recognition

Organization

- Designate a safe activity area.
- Scatter the hoops or poly spots randomly throughout the activity area.

Description

- Tell the children you are going to call out a body part and a color.
- Their job is to run and touch a hoop/poly spot of the correct color using that body part.
- Combine all the colors of the hoops/poly spots with all different body parts. For example:
 - Touch RED with your KNEE
 - Touch GREEN with your TOE
 - Touch BLUE with your HAND
 - Touch YELLOW with your ELBOW

Teaching Suggestions

- Remind children that they're to touch hoop/poly spot gently and to not touch other people.
- Model and demonstrate when necessary.
- Have children perform a different locomotor skill (kip, hop, jump, walk, and run) between each "touch" challenge.

Now Try This

- Use poly spots with different shapes, numbers, and/or letters on them. Tell children to touch:
 - The numbers 1,2,3, etc.
 - The letters a,b,c, etc.
 - Something square, round, triangular, etc.
- Try the activity outside. Have children touch different objects (e.g., a tree trunk or fence) or textures (smooth, rough, hard, soft, etc.)
- Have children perform a different locomotor skill (kip, hop, jump, walk, and run) between each "touch" challenge.

